

**Cuisine from Spain****Instructor: Esther Muhlfelder**

Our two day feast will include Tuna Empanada (Savory tuna pie), Baked Cod on a Tomato Sofrito Gratin, Seafood Paella, Ensalada Templada, and more. Join us for a chance to practice your Spanish & to hear about the Spanish traditions.

Price includes food fee.**2 classes****Tuesday & Wednesday****6 - 9 pm****NEW!****November 27 & December 5****@ Warren Building****\$90****Min: 6/Max: 10**Price includes food fee.**Italian Chicken, Chicken, & More Chicken: New Recipes!****Instructor: June Stark**

Looking for interesting ways to bring out the flavor of chicken? Then this is the class for you. Some of the chicken dishes you will learn: chicken garnished with ham, tomato, basil and melted cheese in a light sauce; chicken in a cream pesto and fresh tomato sauce; and chicken & peas stuffed in shells topped with a fettucine sauce then baked in the oven. Munch on Italian cheese and bread as each of these meals are prepared.

**1 class****Thursday****September 27****@ Warren Building****\$65****6:30 - 9:30 pm****Min: 5/Max: 10**Price includes food fee.**NEW!****COOKING CLASS REFUND POLICY:**

No refunds for cooking classes if you withdraw 3 business days or less before the first class. Withdrawal from a cooking class 4 business days or more before the 1st class, there will be a \$20 administrative fee.

**Italian Comfort Food for the Fall & Winter****NEW!****Instructor: June Stark**

Imagine a crisp Autumn day or a chilly Winter afternoon, your house is filled with the smells of delicious Italian cooking as a pot of rich, meat bouillinaise sauce is simmering on the stove or a 3 cheese Italian version of macaroni and cheese is bubbling in your oven. Why stop there, let's bump up the bouillinaise sauce and make a new version, instead of meat, that will be filled with fresh vegetables. This meal will be complimented by 2 antipasto dishes: stuffed mushrooms with artichokes, and red peppers filled with fresh tomatoes, olives, and onions. Finish by making your own balsamic vinaigrette, and for desert, we will melt chocolate for dipping biscotti cookies. Make this a meal to remember!

**1 class****Wednesday****6:30 - 9:30 pm****November 7****@ Warren Building****\$65****Min: 5/Max: 10**Price includes food fee.

**Resident Program  
registration  
begins  
September 5**

**Adult Programs**

### Under the Tuscan Sun

**Instructor: Nadine Nelson**

Tuscany is the center of fine Italian cooking literally and figuratively. Tuscany is a unique treasure and there is no other place like it. Tuscan cuisine is known for the use of fresh ingredients plucked from its rolling hills and abundant landscapes. These flourishing lands are filled with, among many things, olives and luscious grapes. Tuscan food is a pure and simple gastronomy that depends on the best of what the land has to offer. In this hands-on class, we will explore Tuscan recipes and create several traditional Tuscan dishes. Preparation of cuisine indigenous to this fabulous region of Italy will be our focus, so bring your appetite and be ready to cook food from this fabulous region! Some of the foods we will cook include: Bruschette with Grilled Eggplant, Roast Chicken Stuffed with Polenta, Wild Mushroom Lasagna, and Lemon Cake. We will enjoy the bounty of Fall as we cook food under a Tuscan sun. Buen Appetito!!!! Deliziosa!

**1 class**

**Tuesday**

**6:30 - 9:30 pm**

**October 2**

**@ Warren Building**

**\$45** (payable to Town of Wellesley) **Min: 6/Max: 10**  
plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class ).

### Caribbean Cooking

**Instructor: Nadine Nelson**

Throughout history, the Caribbean has served as a crossroads of the world. This was truly illustrated when trade routes of all sorts connected the Caribbean with Africa, Latin America, Europe, Asia, the Middle East, and North America. Consequently, this continual movement brought a progression of people and cultures that in turn graced the region with their complex culinary customs. All the while, the cuisine was constantly adapting to the produce of the region, foodstuffs introduced to the region by trade, and tropical climate to create a gastronomy where inspiration is drawn from the diversity of its people and their histories. We will cook from the English, Spanish, Dutch, and French Caribbean. Some of the food we will prepare are Jerk Pork Tenderloin, Tropical Trifle, Empanadas, Colombo of Chicken, Yellow Rice, Rum Spiced Black Beans, Shrimp Fritters, Eggplant in Coconut Cream, and Passion Fruit Mojitos to name a few. Come explore this beautiful region and its' amazingly rich and delicious food.

**1 class**

**Monday**

**6:30 - 9:30 pm**

**October 15**

**@ Warren Building**

**\$45** (payable to Town of Wellesley) **Min: 6/Max: 10**  
plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class ).

### Greek Meze

**Instructor: Nadine Nelson**

**NEW!**

The Greek meze is a snack or appetizer that is eaten at any time of the day. Usually accompanied by a beverage, me-zethes may be part of a buffet meal or may be served during the cocktail hour, which in Greece, often extends late into the evening. Come discover a little part of Greece, one plate at a time. Some of the delicious dishes we will prepare include: Grilled Chicken Kabobs with Spicy Tomato – Pepper Relish; Feta Whipped with Basil, Lemon, and Pepper; Greek Tuna Salad with Wild Herbs and Onions; Pumpkin Cheese Triangles; and Papoutaskia "Little Shoes" – Stuffed Eggplant. Add some of these perfect noshing treats to your entertaining repertoire and bring the tavernas and bars of this magical maritime nation home with you.

**1 class**

**Tuesday**

**6:30 - 9:30 pm**

**October 9**

**@ Warren Building**

**\$45** (payable to Town of Wellesley) **Min: 6/Max: 10**  
plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class ).

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### Tapas Party

**Instructor: Nadine Nelson**

Put a new twist on your next dinner or cocktail party by learning several simple recipes for classic Spanish plates made to share. The menu includes: Bacon-Wrapped Dates with Quick Pepper Sauce; Sizzling Shrimp with Garlic; Patatas Bravas (Spicy Potatoes); Roasted Eggplant Salad; Shortcut Spinach Empanadillas; Piquillo Peppers Stuffed with Goat Cheese; and Grilled Toasts with Quince paste and Manchego Cheese.

**1 class**

**Thursday**

**6:30 - 9:30 pm**

**November 8**

**@ Warren Building**

**\$45** (payable to Town of Wellesley) **Min: 6/Max: 10**  
plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class ).

## Cooking for Parents: Feeding You Family Healthy and Wholesome Food

**Instructor: Nadine Nelson**

Parents increasingly lack the time to think about cooking with all the running around they have to do. In this class, you will be given an arsenal of recipes and methods that demystify the kitchen and will allow you not to be intimidated by making the most fabulous meals imaginable. You will learn a variety of tricks that will help you spend more time with your family yet provide them with meals that taste good, are easy and fast to cook, and appeal to all age groups. Recipes we will prepare will include Cajun Pork Chops, Oven Fried Chicken, Salsa Fresca, Grilled Quesadillas, Scalloped Potatoes, and Flawless Peach Tart to name a few. You will learn how to assemble a month long menu and grocery list building upon the techniques learned in class. **1 class**

**Monday**

**6:30 - 9:30 pm**

**September 17**

**@ Warren Building**

**\$45** (payable to Town of Wellesley)

**Min: 6/Max: 10**

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class ).

Non resident  
fee is  
\$10 per class

## Cooking Without Recipes: Secrets of a Professional Chef

**Instructor: Nadine Nelson**

Do you want to break away from your dependence on recipes, cut preparation time, and be a more adventurous and creative cook? Let a professional chef teach you the tricks of the trade and fundamentals of fine cooking. You'll learn what staples to keep in your cabinets, the best cookware and equipment to purchase. You'll enjoy and prepare specialties like Baked Brie en Croute, White Bean and Escarole Soup, Coconut Shrimp, Pan-roasted Chicken with Lemon-Sherry Sauce, and more. To complete our meals, we'll enjoy desserts such as Caramelized Apple Tarte Tatin and Chocolate Mousse. This class is for students who have basic cooking skills.

**1 class**

**Tuesday**

**6:30 - 9:30 pm**

**September 18**

**@ Warren Building**

**\$45** (payable to Town of Wellesley)

**Min: 6/Max: 10**

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class ).

## Cuisine of the Provence and French Riviera

**Instructor: Nadine Nelson**

The South of France in spite of its fast, modern, jet set image has some of the most imaginative food in the Mediterranean. The food is a fusion of French & Italian with a hint of North Africa and Arabic. Come cook the foods of places such as Cannes, St. Tropez, Monaco, and Nice. Provence and the Cote d'Azur is a land of warm-hearted people and delicious cuisine. Come and learn how to make Ratatouille, Chicken with Forty Cloves of Garlic, Salad Nicoise, and Apricot Tart to name a few of the dishes we will create from the cuisine of the sun.

**1 class**

**Monday**

**6:30 - 9:30 pm**

**September 24**

**@ Warren Building**

**\$45** (payable to Town of Wellesley)

**Min: 6/Max: 10**

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class ).



## Savor the South Pacific: The Cuisine of Polynesia, Micronesia, and Melanesia

**Instructor: Nadine Nelson**

The South Pacific is one of the world's most tranquil, untouched, and serene destinations. The culture is relatively untainted, however the cuisine is inspired by travels around the world. Merchants introduced spices and sugar from Asia and Africa, exotic produce from South America, and the gastronomy of Europe and Australasia. The countries are surrounded by the lush water of the Pacific, thus fish is a regional specialty. We will cook our way around the South Pacific learning about the history and the culture while our pots sizzle! Some of the foods we will make include Pacific Pot Stickers, Fijian Potato Omelet, Fragrant Vietnamese Chicken Soup, and Mango Cheesecake.

**1 class**

**Monday**

**6:30 - 9:30 pm**

**October 1**

**@ Warren Building**

**\$45** (payable to Town of Wellesley)

**Min: 6/Max: 10**

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class ).

**Now That's Italian!****Instructor: Alison Delorenzo, The Plated Gourmet**

Dreaming of local produce, cheeses, and pasta at your Italian Villa? It can be reality, as the story of Italy and its food is at your fingertips. Learn how to make Lobster Ravioli by hand, stuffed chicken with prosciutto, mozzarella and sage, and learn to enjoy food like an Italian, slow and with pleasure.

**1 class****Tuesday****September 25****@ Warren Building****\$75****Price includes food fee.****6:30 - 8:30 pm****Min: 6/Max: 10****COOKING CLASS REFUND POLICY:**

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**Adventures in Mediterranean Cuisine****Instructor: Alison Delorenzo, The Plated Gourmet**

Experience the simple pleasures of cooking while learning to work with filo dough, searing meats and savoring the flavors of fish, just as if you were in the Greek Isles. Join Allison in the exploration of the tastes, aromas, and culture of the Mediterranean.

**1 class****Wednesday****October 17****@ Warren Building****\$75****Price includes food fee.****6:30 - 8:45 pm****Min: 6/Max: 10****45 minutes or less: Quick Meals****Instructor: Alison Delorenzo, The Plated Gourmet**

Never enough time to cook dinner? Well, here is your answer. Learn quick and delicious meals that require minimal prep and cooking time, and in 45 minutes you can have a healthy meal on the table for you and your family.

**2 classes****September 26****or****November 14****For each class above:****Wednesday****@ Warren Building****\$75****Price includes food fee.****6:30 - 8:30 pm****Min: 6/Max: 10****Evening in Paris****Instructor: Alison Delorenzo, The Plated Gourmet**

Would you like to learn more about regions in France? Embark on a journey without leaving the States. Create the flavors and richness of this wonderful country while sampling a typical Parisian bistro meal. From crispy chevre cheese salad, thick pork chops with rosemary, to sliced beef tenderloin with bordelaise sauce, come learn how to turn your kitchen into a cozy bistro.

**1 class****Monday****December 10****@ Warren Building****\$75****Price includes food fee.****6:30 - 8:30 pm****Min: 6/Max: 10****Just Beging: For Non-Cooks****Instructor: Alison Delorenzo, The Plated Gourmet**

Learn the principles of the kitchen and cooking without being afraid of setting off your smoke detector. This is a session for learning the basics of cooking: roast, saute, pan-sear, and simmer. When you leave you will be inspired to go home and create dishes for you and your family. Come expand your culinary talents.

**3 classes****Tuesday****October 16, 23 & November 6 (No class 10/30)****@ Warren Building****\$190****Price includes food fee.****6:30 - 8:45 pm****Min: 6/Max: 10****Brunch****Instructor: Alison Delorenzo, The Plated Gourmet**

We all should take more time to enjoy the first meal of the day, especially on the weekend. Why not whip up a tasty brunch and invite friends over. Includes Blueberry lemon scones, whole-wheat pancakes with raspberry sauce, spinach, tomato and feta quiche, plus much more.

**1 class****Monday****October 29****@ Warren Building****\$75****Price includes food fee.****6:30 - 8:45 pm****Min: 6/Max: 10**

### Around the World in a Bite

**Instructor: Nadine Nelson**

Call it tapas, meze, or dim sum, every culture has small plates made to share as a start to a meal or a meal in itself. Join us for a globe trotting trip that will take you to Spain, Greece, Vietnam, Morocco, Brazil and a few surprises in between. The menu includes chorizo with wine, lamb and feta pizzas, cilantro-peanut summer rolls, and piccadillo with plantain chips. Learn great recipes to have in your entertaining arsenal for life. All your guests will love you and wish to be invited to your parties.

**1 class**

**Monday 6:30 - 9:30 pm**

**November 5**

**@ Warren Building**

**\$45** (payable to Town of Wellesley) **Min: 6/Max: 10**  
plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class ).

### Vietnamese Food – The Nouvelle Cuisine of Asia

**Instructor: Nadine Nelson**

Looking for a quick lunch of soup, salad or a sandwich? Did you ever think Vietnamese? Maybe a lovely vegetarian meal? How about Vietnamese? Or are you in the mood for multiple courses, complementary flavors, different textures and unusual ingredients? Again, you can think of Vietnamese. Or perhaps something nourishing and "lite?" Guess what: Vietnamese food is the cuisine for you. Vietnamese food has long been cherished in France, the former colonial power; U.S. residents are only beginning to discover its many exceptional qualities. Vietnamese chefs like to refer to their cooking as "the nouvelle cuisine of Asia." And indeed, with the heavy reliance on rice, wheat, soy, legumes, fragrant herbs, a variety of vegetables, minimal use of oil, and treatment of meat as a condiment rather than a main course, Vietnamese food is among the healthiest on the globe. Some of the dishes we will cook include: Pho Ga - Aromatic Chicken Soup with Rice Noodles, Fresh Herb and Shrimp Spring Rolls with Vietnamese Dipping Sauce, Chicken in Carmel Sauce, Pork in Lettuce Cups, Saigon Noodles, and Mango – Lychee Shake. Come and quench your culinary curiosity and take a beautiful and salivating gastronomical journey.

**1 class**

**Thursday 6:30 - 9:30 pm**

**November 1**

**@ Warren Building**

**\$45** (payable to Town of Wellesley) **Min: 6/Max: 10**  
plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class ).

### Amuse Bouche and Hors D'oeuvres

**Instructor: Nadine Nelson**

The French have perfected the elevation of food to both an art form and a celestial experience. The amuse-bouche, which means essentially "mouth teaser," is usually a gift from the chef as an unexpected token of hospitality. As a diner's first exposure to a host's cuisine, the amuse-bouche sets the tone of the meal and the evening. Hors d'oeuvres are meant to whet the appetite and bridge the gap between the arrival of guests and the main meal. Come join us to make an array of French-inspired culinary little wonders meant to wow your guests. Some of the tiny morsels will include seafood crème brulee, roquefort thyme and honey canapé, grilled beef brochette with a truffle ponzu sauce, and chickpea and fennel hummus

**1 class**

**Tuesday 6:30 - 9:30 pm**

**November 13**

**@ Warren Building**

**\$45** (payable to Town of Wellesley) **Min: 6/Max: 10**  
plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class ).

### Trattoria

**Instructor: Nadine Nelson**

The trattoria is where Italians go for big flavors, great friendships, good times. Share the passion Italians have for food with someone you care about. Learn the secrets of this simple, quick cuisine that's ripe with flavor and rich in nutrition. Traditional trattoria cooking is the essence of Italian food. The cuisine of the trattoria is honest, fresh, and satisfying dishes that aren't complicated and never go out of style. We will create an Italian buffet of several courses including beautiful antipasti, and a variety of mouthwateringly simple soup, pasta, risotto, and pizza we love. Slip away to the little trattoria we create, and discover together how easy it can be to create your Italian favorites like Orecchiette with Broccoli Raab & Sausage; Red Snapper in Parchment Paper with Olives, Capers, & Herbs; Zucchini Ribbons with Mustard, Mint, & Lemon; and Light-as-Air Limoncello Mousse.

**1 class**

**Thursday 6:30 - 9:30 pm**

**November 15**

**@ Warren Building**

**\$45** (payable to Town of Wellesley) **Min: 6/Max: 10**  
plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class ).